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Pope pens book of answers (to kids' questions)

metroLIFE

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JEREMY SIMES/FOR METRO

A STITCH IN TIME

Dee Dodd is using her love of sewing to ease people's budgets **metroNEWS**

Shooter had 'gone through a lot of stuff'

STANDOFF

Man killed by police remembered as 'sweet' but troubled



Jeremy Simes
For Metro | Calgary

David McQueen said his last goodbyes before being killed by a police officer during a Sunday night standoff in the northwest community of Huntington Heights.

McQueen, 53, was on the phone with his mother and then his caregiver moments before bullets were fired, according to Heather Templeton, the daughter of McQueen's caregiver, Isabelle.

Isabelle — who was McQueen's "Calgary mom" — cared for the mentally embattled man for 15 years. Heather would occasionally walk his dog, Bear,

and help him with errands.

"He said goodbye and hung up," recalled Heather, who was with Isabelle at the time.

She said they left for his home after he hung up. When they arrived, Heather said they heard shots ringing throughout the neighbourhood.

"It's very sad," Heather said. "He was a sweet guy but was battling something very deep."

Calgary police Chief Roger Chaffin said the shooter was previously known to officers, adding he had no affiliation to organized crime.

MLA Dr. David Swann said McQueen suffered from mental illness, adding he frequently called Swann's office.

Heather said he suffered from depression.

"He's gone through a lot of stuff over the years and it just came to a head."

McQueen's dog died earlier this month.

"Bear was the only thing he loved," she said. "It was enough to push him over the edge."

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SETTLEMENT

Refugees not slated for Calgary Housing



Helen Pike
Metro | Calgary

The mayor isn't too concerned about the race to settle refugees in Calgary for their first year.

This, after Coun. Sean Chu addressed concerns over a tough economic climate, long wait lists for Calgary Housing and the nearing close of federal funding as 2017 approaches.

"Right now the refugees are privately sponsored; however government-sponsored refugees will arrive soon," said Chu. He explained that Ottawa is giving funding to help with rental subsidies. "The federal government will cut funding in 2017, so what's going to happen? Who is going to pick that up after 2017? People have concerns about that."

Mayor Naheed Nenshi noted there's no plan to put refugees into Calgary Housing — a wait list Chu said is more than 3,000 people long.

"What we have found with many, many, many years of experience in accepting refugees in Calgary is that their needs are, shall we say, somewhat less complex than the needs of many people in the homeless community and indeed the needs of some people living in Calgary Housing now," said Nenshi. "In short, once you get them in place for that first year, help them in particular with language skill ... they tend to do quite well."

As for Chu's concerns with the imminent 2017 deadline — "I'm not at all worried," said Nenshi.

"Well, OK, I'm a little bit worried about getting everyone in place for that first year."

MALBROUGH

Those irked by loud jets may meet again

Malborough residents may get another swing at the Calgary Airport Authority after a city councillor brought attention to last week's heated meeting.

Residents feel officials ignored their concerns on overhead aircraft noise in their community.

Coun. Andre Chabot has asked the airport to host another meeting, and will be working with Mayor Naheed Nenshi to engage a better dialogue between the federally governed

authority and municipal constituents.

Residents held a meeting on Jan. 20 to meet with officials from the Calgary Airport and Nav Canada, as well as Transport Canada. According to Chabot there were over 400 attendees, mostly thanks to an ad-hoc committee created by residents.

Residents say the noise from airplanes taking off has become unbearable since a new runway opened. HELEN PIKE/METRO

Games and beers, for children's sake

CHARITY

Live stream of brew process to raise funds for hospital



Aaron Chatha
Metro | Calgary

Two different types of nerds are teaming up to raise funds for the Alberta Children's Hospital — a gamer and a brewer.

Under his alter ego Darth Wiener, Calgary's Dan Neveu regularly streams himself playing video games online using a service called Twitch. While gaming, he chats with his followers — which number in the several thousand — cracks jokes and drinks Tool Shed beer.

Through Twitter, co-founder of Tool Shed Brewing Graham Sherman came across Neveu's stream. Not being a gamer himself, the idea of watching someone else play online was a new concept.

"At first, I was confused at what it was — then four hours went by," he laughed. "It's so hilarious, I thought, this is better than watching some dumb reality TV show, because this guy is interacting in real-time with people that are watching."

Sherman and Neveu then decided to partner up and plan a live stream from the Tool Shed



Dan Neveu and Graham Sherman will run a live brewing stream to raise donations for the Alberta Children's Hospital. AARON CHATHA/METRO

Brewing Company, where they would turn the act of brewing into a game in itself.

"The game will be the game of brewing!" said Sherman. "We came up with a pretty cool concept called Ragier Red. One of the beers we make is called Red Rage, so, we're gonna make a super Red Rage on steroids version. More alcohol, more red, more everything, and then we're going to throw it into Jack Daniels barrels and see what happens."

Neveu will host the event,

+ TUNE IN

The stream will take place Jan. 30 at 10 a.m. at twitch.tv/darthwiener.

which will be seen by his Twitch followers. He believes they will tune in, even if the event itself isn't strictly to do with video games. The stream will go step-by-step through the brewing process, from recipe design to

hops and more.

"When I'm on Twitch, the game is secondary," said Neveu. "It's going to take a backseat to engaging viewers, to that entertainment."

The stream will be a few hours long and when they aren't hands-on brewing, Neveu will be streaming foosball games with the staff. As Neveu's day job often takes him to the Children's Hospital, he decided through the stream they'll be accepting donations for the health institution.

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IN BRIEF

Inmate escapes on way to hospital for treatment

An inmate being escorted to a hospital in northwestern Alberta has escaped.

Mounties say Harley John Lay, who is 29, was being brought by guards to Peace River hospital for medical treatment this morning when an armed, masked man and a driver confronted them.

The prisoner went with the two men and they drove away in a beige Dodge minivan with no licence plate available.

The van was last seen possibly heading towards Highway 2.

Police say the public should not approach Lay or the people he may be with.

Anyone with information as to his whereabouts, the vehicle or the two other men involved in this incident is asked to call Peace River RCMP or a local police department immediately.

THE CANADIAN PRESS

Hate crime charges laid against accused vandal

The two men facing charges for allegedly spray-painting racist messages at the Tuscan LRT station were in court Monday.

Kyle James McKenzie is facing six counts of mischief. Two additional charges of inciting hate in public were added on Monday. Co-accused Miguel Laverne is facing six counts of mischief.

On Dec. 3, 2015, two men were spotted on CCTV camera painting racist messages at the LRT Station. Many of the poorly spelled messages were directed at Syrian refugees.

METRO STAFF



WestJet is reducing the number of flights in and out of Edmonton and Calgary starting March. DARRYL DYCK/THE CANADIAN PRESS

WestJet scales back flights in Alberta

TRANSPORTATION

Airline blames turbulence on economic woes



Sanam Islam
Metro | Edmonton

Fewer WestJet planes will fly to and from Alberta's two biggest cities as the economic downturn continues to bite.

As of March, the airline will cut five flights daily from Edmonton and six from Calgary.

"This was certainly a tough decision for us," said Richard Bartram, vice-president of

communications at WestJet. "We base it on supply and demand. What we're seeing with the downturn in the economy is that there is less demand to and from energy markets, not only within Alberta and B.C., but in other areas across Canada."

WestJet will reduce service between Edmonton and three B.C. cities — Abbotsford, Nanaimo and Kamloops — as well as between Grand Prairie, Alta.

The airline is also cutting the number of flights between Calgary and Brandon, Man. and Fort McMurray, as well as between Calgary and Terrace and Prince George,

“With the downturn in the economy ... there is less demand to and from energy markets.”

Richard Bartram

B.C.

But the news isn't all cuts: The carrier is transferring more of its planes to fly in eastern Canada, which means there will be more trips between Toronto, Ottawa and Montreal, as well as to At-

lantic destinations such as Halifax and Fredericton.

"While we're seeing less demand in the west, in eastern Canada, there's more opportunity and increased demand. This becomes about redeploying the fleet in an efficient manner," Bartram said.

In line with that strategy, he said if the situation changes, the company would consider restoring flights that were cut.

"We look forward to a time when the price of oil starts to come back up, and we see more workers back in those markets so that we can service those markets in the future," Bartram said.

COUNCIL

Business tax break held back



Helen Pike
Metro | Calgary

Small businesses eager for a cut of Coun. Evan Woolley's \$60 million tax break will have to wait — until next week, that is.

A heated debate during Monday's City Council meeting spanned over an hour with many pro and con points on the benefits of tapping into Calgary's "rainy day fund" to give small businesses a break on their taxes for two years.

In the end, by a narrow margin of 8 votes for and 7 against, the matter will be referred to the Priorities and Finance Committee meeting next week to be debated alongside the economic resilience report.

Coun. Andre Chabot dubbed Woolley's idea as a modern-day Ralph bucks. "If we're going to do 'Ralph bucks' as I suggested, well then let's do 'Ralph bucks' for every man woman and child," said Chabot. "This is not that, this is selecting only a particular demographic within the City of Calgary ... if we're talking about providing some tax relief to Calgarians then it should be all or none."

He noted the city does provide relief for citizens that are known to be disenfranchised through resources like a low-income bus pass and other supports. But adding that with a blanket approach to all businesses, it's not apparent the city is giving to those truly in need or if they are simply throwing money at a profitable business.

"I'm challenged by someone saying that putting \$1,200 dollars back into a businesses pocket is no big difference, the same thing could be applied when we talk about a reduction to our residential property tax rates," said Woolley.

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Sew, you're looking to rent a machine

BUSINESS

Woman hopes to keep clothes out of landfills



Jeremy Simes
For Metro | Calgary

Meet Lady Bernina, Liz Taylor and Bert. They're Dee Dodd's sewing machines. No — real-

ly — Dodd has about eight of them, and she's renting them to sewing enthusiasts for about \$8 a day.

"I think some people think I'm a bit odd for naming them," Dodd said. "But I just love them. I love sewing." She said there are other crafters looking to patch their pants or create curtains.

But there's a catch: many can't afford a sewing machine and, if they bought one, they'd only occasionally use it, stow-

ing it away for most of the year.

"Sewing machines can be expensive for the average person," Dodd said. "I think if a lot of us had access to one, we could save a lot of money and clothing waste that goes into the landfill." She said many of her clients are young people looking to pick up the hobby they never had a chance to learn. It was a denim blanket that inspired her to launch the rental business. She collected a garbage-

bag full of denim jeans in hopes of making a blanket, but she had no sewing machine. Tirelessly, she'd call companies to see if they rented machines.

"There was nothing," Dodd said. So one by one, Dodd would add a new machine to her collection, fetching them from friends or thrift stores. They are restored, too. And it turns out business hasn't been so bad. Dodd can be reached at sewing-machinerentals@hotmail.com.



Dee Dodd rents her machines for \$8 a day. JEREMY SIMES/FOR METRO

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INFRASTRUCTURE

Council keen to clarify BRT project



Helen Pike
Metro | Calgary

Councillors are trying to make the details of an upcoming project, the southwest BRT transitway, crystal clear to constituents after a citizen group's highly attended rogue information session last week.

A concerned citizens group called Ready to Engage held a public information session on Jan. 21. They presented information that claims the new bus rapid transit system will further mess up traffic in the southwest along 90 Ave SW and 14 Street SW. The information session was well-attended, with people lining up outside to see the information boards and sign a petition against the project.

During question period Counc. Diane Colley-Urquhart raised the issue to help shed light on the concerns and the clarifications available to address them.

"Some of the arguments I've been hearing, about how this is going to increase congestion, I have no idea how adding two lanes of traffic to an existing road and removing cars off the road...I

can't see how this is anything but good for those who drive," said Mayor Naheed Nenshi.

He encouraged administration to continue to engage citizens, and make information about the project readily available for concerned groups. But the mayor made no bones about pointing out this project is nothing new.

"I just want to be very clear about this project, and tell me if I'm wrong on this one, this is a project that's been conceptualized for many, many years," said Nenshi.



The misconception that we're going to be taking lanes away from traffic is false.

Transportation boss Mac Logan

"It was unanimously approved by council in 2011 and has been funded now in our most recent capital budget. From council's view, we're done." But what's not done is administration's role. Transportation boss Mac Logan said this is the time for his business unit to engage with citizens.

"The misconception that we're going to be taking lanes away from traffic is false," said Logan. "We're actually augmenting 14 street with specific lanes for the buses. So on the next steps we will continue to meet with the community."



Residents of Calgary's southwest came out to a public presentation from the lobby group Ready to Engage on Thursday night. The city says the group is spreading misinformation about a planned transit project. BRODIE THOMAS/METRO

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PUBLIC SCHOOLS

Scores in math stun experts


Aaron Chatha
Metro | Calgary

Alberta final exam scores in Grade 9 math are down — and some math experts believe the curriculum needs to be re-examined.

They say certain topics, such as fractions, need to be taught earlier.

"Generally, you want to see that taught at about Grade 5, Grade 4," said Anna Stokke, mathematics professor at the University of Winnipeg. "Right now, in Canada, it's being taught pretty late. It's being taught in Grade 7 and 8. Fractions are really important for understanding later math."

In 2015, 28 per cent of Grade 9 students in Alberta scored below the acceptable level on the math PAT exams. Stuart Wachowicz, former head of curriculum development for Edmonton Public Schools, said a new design focused on discovery learning is going to be a detriment to students, and the "gutting" of topics like geography and fractions needs to be rethought.

Both Stokke and Wachowicz will be in Calgary on Jan. 28, at the Webber Academy Performing Arts Centre, speaking to parents and the members of the public about the Alberta mathematics curriculum, and how parents can become engaged. The Calgary Association of Parents and School Councils (CAPSC) will host the event which starts at 7 p.m. and is open to the public.

City's 'vibrant' northeast explored in improv show

COMEDY

Local actors take memories of 'notorious' area to stage


Jeremy Simes
For Metro | Calgary

It's only cool for Jamie Northan and Andrew Phung to joke about the city's northeast.

Er, I guess it's cool for you to

joke about it, too, if you grew up in the "notorious" quadrant, according to Northan.

Northan and Phung are set to perform North East: The Show, an improv skit about living and growing up in the northeast.

"We're not making fun of the northeast," Northan assured. "We're making fun of it in a way where you can make fun of your own family. If other people do it, it's not cool."

Both Northan and Phung grew up in the quadrant. Northan said he lived in Rundle until he moved out at the age of 20.

Phung, however, lived in various communities in that part of town.

"You know, I think the northeast does get a bad reputation," Northan said. "But I think it's one of the most vibrant and unique communities in the city."

"I didn't even know it was considered less than ideal until I moved out."

People sort of react when you tell them you grew up in the northeast, he added.

"You look back and you go, 'Oh yeah, it was a little weird,'" Northan said. "My neighbours

parked their cars all over the back lawn, and it was a regular weekend activity to get together with friends and get in a fight."

But it's also a thriving cultural hub, where newcomers move to begin fresh starts, he said.

"You'll find the best food in Calgary by locally-owned Indian restaurants," he said. "It's funny — I didn't realize most of Calgary was pretty much white until I left the northeast."

Some of Northan's best memories of the northeast include first dates on 32 Avenue, sneak-

SCHEDULE

The skits will be performed at Loose Moose Theatre at 10:30 p.m. on Friday and Saturday.

ing into \$1 movies at London Town Square, and the Thunder Run water slide at the Village Square Leisure Centre.

Northan and Phung will ask audience members of their favourite memories growing up in the northeast.



We're making fun of it in a way where you can make fun of your own family. If other people do it, it's not cool.

Jamie Northan



Jamie Northan, left, and Andrew Phung improvise during their skit, North East: The Show. JEREMY SIMES/METRO

RICK MERCER REPORT

#rickmercerreport

TONIGHT

Rick takes Montreal by storm when he attends the annual Fête des Neiges.

ALL-NEW
TONIGHT 8



U.S. may turn off falls

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

"You're looking at at least



New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" pro-

posals involves shutting the American falls down for five months and the other for seven months, Simons said.

The bridges were built in 1900 and 1901 and they have been refurbished in 1969, 1980, 2004 and 2013.

If "de-watering" occurs, it wouldn't be the first time the falls went dry.

U.S. engineers diverted water away from the American falls

for several months in 1969.

The water-less falls in 1969 actually proved to be a tourism draw and that could happen again, Simons said.

"They had a unique tourism opportunity when that happened," Simons said. "We think it would be a huge tourism draw (again). It would be a once-in-a-lifetime (opportunity)."

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

LA LOCHE

Bullying provoked shooting: Friend

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite

their age difference, Montgrand said the two were close. "I do blame the bullying," Montgrand said.

The tall, thin 17-year-old wore an orange jumpsuit and had his legs and hands shackled as he was brought into a packed courtroom in Meadow Lake, a community about 350 kilometres south of La Loche.

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.

TORSTAR NEWS SERVICE



IN BRIEF

Toronto officer guilty of attempted murder

After six days of deliberations, an 11-member jury found Const. James Forcillo guilty of attempted murder Monday in the shooting death of 18-year-old Sammy Yatim on an empty streetcar.

THE CANADIAN PRESS

First Nations advocates await child welfare ruling

The Canadian Human Rights Tribunal will determine if Canada has discriminated against children on reserves nine years after first being challenged by The First Nations Child and Family Caring Society of Canada. The ruling will be published Tuesday. THE CANADIAN PRESS

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A new Banksy artwork displayed opposite the French embassy on Monday in London. GETTY IMAGES

REFUGEE CRISIS

Banksy mural criticizes France

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play *Les Misérables* with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French

embassy in Knightsbridge, London, overnight on Saturday, *The Guardian* reported.

It is the first time Banksy has made an interactive mural.

When passersby hold their phones over a QR code beneath the image, they are directed to a YouTube video of a nighttime raid on the Calais camp on Jan. 5.

Workers boarded up the mural, but the boards were removed shortly thereafter, the

BBC reported. The mural has been damaged after attempts have been made to take it down.

This isn't the first time Banksy has tackled the refugee crisis.

In December, the artist depicted Apple founder Steve Jobs in a mural at the Calais camp itself. The image shows Jobs carrying a garbage bag over his shoulder and an early Apple computer.

TORSTAR NEWS SERVICE



A young boy enjoys the light snowfall on a tea plantation in the Pinglin mountain area of New Taipei City, Taiwan, on Monday.

WALLY SANTANA/THE ASSOCIATED PRESS

Cold snap blamed for 65 deaths

EAST ASIA

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years.

TAIWAN

Temperatures in Taiwan's capital of Taipei plunged to a 16-year low of 4 C, killing 57 mostly elderly people, according to government officials.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

MAINLAND CHINA

Most parts of mainland China ex-

perienced their coldest weather in decades over the weekend. The southern city of Guangzhou, which has a humid subtropical climate, saw snow on Sunday for the first time since 1967.

Temperatures fell 8 to 16 degrees from Thursday to Sunday in parts of north China, and temperatures in central and eastern China were 6 to 8 degrees lower than average, news agency Xinhua said.

JAPAN

Heavy snow in western and central Japan left five people dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident, another man found under a snowplow and a couple that fell into an irrigation channel. The heavy snow stranded motorists, delayed trains and caused flight cancellations.

THE ASSOCIATED PRESS

ANTARCTICA

Explorer Henry Worsley dies

A British adventurer attempting to become the first person to cross the Antarctic alone and unsupported has died after collapsing from exhaustion within miles of his goal. Former army officer Henry Worsley was just 48 kilometres from the end of the near-1,600-kilometre trek

when he called for help and was airlifted off the ice Friday. His family said Monday that Worsley, 55, died "following complete organ failure" at a hospital in Punta Arenas, Chile. He had undergone surgery a day earlier for bacterial peritonitis — an infection of the tissue lining the abdomen.

THE ASSOCIATED PRESS

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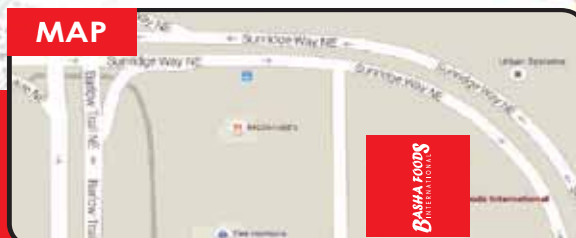
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HOURS



SUPER BOWL RESIDENTS CHARGE SKY-HIGH RENTS

Therese Lehane, playing with her dog outside her house in San Jose, Calif., is renting out two of her rooms to Super Bowl news crews. In the San Francisco Bay Area, where high rents are legend, residents looking to make a quick buck are offering their homes at super-sized prices to the one million visitors expected for the Super Bowl festivities. A luxury 8,500-square-foot home is listed for \$10,000 US a night, while a 400-square-foot cottage is going for \$3,900 US for the three-night weekend. A four-bedroom apartment near "Super Bowl City" is listed at \$1,495 US a night, with a minimum six night stay. And a treehouse for two in a 150-year-old oak tree a half hour drive from downtown is going for \$495 US a night. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

IN BRIEF

Medical pot prices cut

Licensed marijuana producer Bedrocan is slashing the price of all six of its medical cannabis strains to \$5 a gram, citing a desire to make medicine more affordable for patients. The products previously cost \$7.50 a gram. THE CANADIAN PRESS

Walmart ending free bags

Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic

that ends up in landfills. Walmart says some of the proceeds from the new charge will go toward supporting recycling initiatives for grocery bags. THE CANADIAN PRESS

McDonald's sales rise

McDonald's, fighting to win back customers, says offering breakfast around the clock helped jolt its sales which rose 5.7 per cent in the U.S. for the final three months of 2015. It was its best showing since 2012. THE ASSOCIATED PRESS

Too soon to close door on TPP deal: Freeland

TRADE Canada has two years to ratify accord after signing

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying.... Signing is simply a technical step in the process, allowing the TPP text to be tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added. She has also requested a thorough, transparent study of the agreement by parliamentary committee.

Freeland said each country has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as



Chrystia Freeland.
THE CANADIAN PRESS

a potential full partner in the agreement.

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

In recent weeks, Freeland has conducted public consul-

tations on the wide-ranging accord, which — if ratified — would also set new international rules for sectors beyond trade. Those other areas include intellectual property, which worries some experts.

"Many Canadians still have not made up their minds and many more still have questions," Freeland wrote.

Former prime minister Stephen Harper had hailed the TPP as a deal that would give Canada access to a massive market of nearly 800 million people. He warned Canada couldn't afford to pass up on the agreement, a deal that came under heavy criticism in part because the talks took place in secrecy.

THE CANADIAN PRESS

CORRECTION NOTICE

Please be advised that the prices advertised on page 2 and 3 of the Basha Foods International insert in Metro News Calgary on January 25, 2016 are not valid.

See today's insert in Metro News Calgary for accurate promotions & prices.

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ROSEMARY WESTWOOD

metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his

tweets were "within the law," should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "We suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet.

Metroland Media announced Monday the Guelph Mercury will close its print edition and let go of 23 full-time and three part-time employees. The Toronto Star announced plans in January to consolidate its printing in one plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).

Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.

La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.

Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER

\$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt.

Last week's cuts were just one part of a plan to shave \$80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about \$60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from \$2.7 billion in 2008 to \$1.7 billion by 2017 — a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.

SOURCE: REPORT ON BUSINESS



Your essential daily news

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Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark
Metro | Canada



When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, *Reasons to Stay Alive* (HarperCollins, \$19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of *The Radleys* and *The Humans* admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative secur-

ity of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

Haig needn't have worried. Although the book was released in Canada just last week, *Reasons to Stay Alive* launched a year ago in Britain where it became a Sunday Times best-seller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

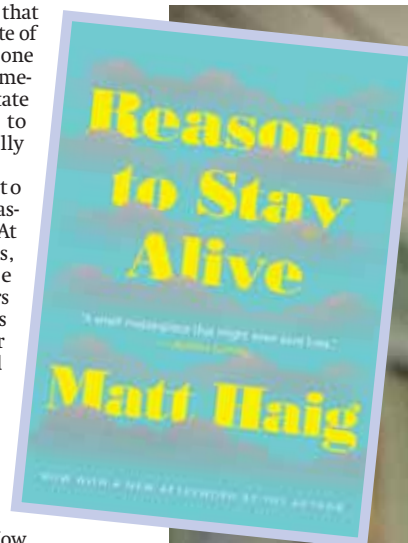
While the narrative thread of the book follows how Haig triumphed over his illness, *Reasons to Stay Alive* takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference

to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

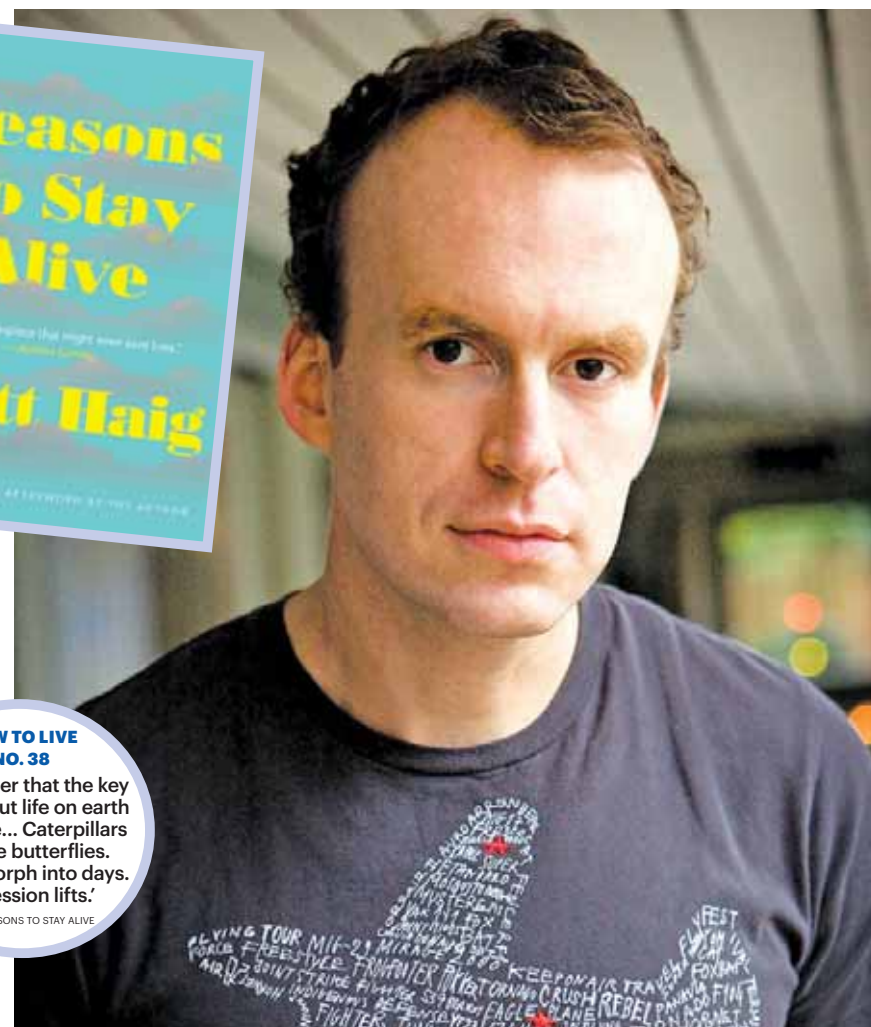
When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE



Author Matt Haig opens up about his depression in *Reasons to Stay Alive*. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."

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Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meaghan Grant, co-owner of Toronto Family Doula which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given

the potential benefits.

But despite the growing popularity of placenta pills, none of the limited amount of scientific research available shows any benefits from the practice.

A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

None of the studies looked into the possible risks of ingesting the organ. "There's really no research in humans of any benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital.

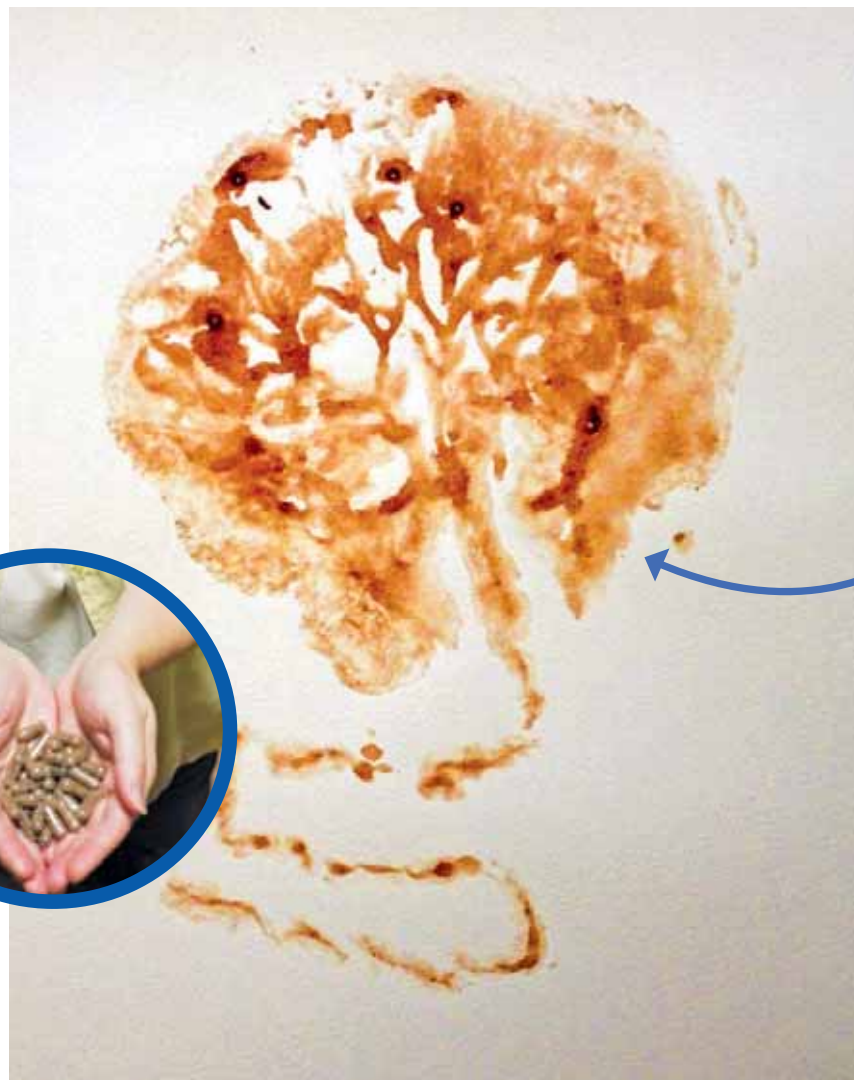
"And we don't have any safety data either."

Selk says women should consider the limited research and possible risks.

"When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta pills are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk. "We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE



Some new moms make art out of their placenta, while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

+ FAST FACTS

Are placenta pills vegetarian-friendly?

The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta, as one would a steak, or add it to a smoothie.

Parting with your placenta

Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing new moms creative ways to use this life-giving organ.

Afterbirth artwork

Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta

Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth, or on their child's birthday — to provide nutrients for a newly-planted tree.

Turn it into a tincture

A placenta tincture service offered by certain doulas involves taking a piece of the raw placenta and steeping it in alcohol, creating a placenta infusion that's ingested by adding a dose with a dropper into water.

TORSTAR NEWS SERVICE

+ HEALTH BRIEFS

Woman starts website for hair pulling disorder

A Winnipeg woman has launched a website that hopes to offer help to thousands of people who have a little-known condition called Trichotillomania. Tenesha Lawson says the mental health condition causes people to pull hair out of their bodies. Lawson has lived with the condition since she was 11 years old. She didn't know what it was until she was diagnosed four years ago.

Psychologist Toby Rutner says it's considered a form of obsessive compulsive behaviour and can be triggered by stress. Lawson's website called "Dear Trich," serves as a place for people to share personal stories and support each other.

THE CANADIAN PRESS

NEW BOOK

Out of the mouth of babes: Pope answers kids' queries

Dear Pope Francis, 10-year-old Mohammed begins, "Will the world be again as it was in the past?"

Signed "Respectfully yours," the boy wrote from a Jesuit-run school for refugee children in Syria and was treated to a long and personal answer from the pope himself. So were 29 other children who posed questions to Francis in letters from around the globe for a new book poignantly illustrated with their own artwork.

The book, *Dear Pope Francis*, is out March 1 from Loyola Press in Chicago. It's a project that likely wouldn't have materialized without the help of Father Antonio Spadaro, a Jesuit like the pope and the director of *La Civiltà Cattolica*, a Roman Catholic journal published in Rome.

Tom McGrath of the Jesuit-

"If you could do one miracle what would it be?" William, 7, from the U.S.

"I would heal children. I've never been able to understand why children suffer. It's a mystery to me. I don't have an explanation." Pope Francis

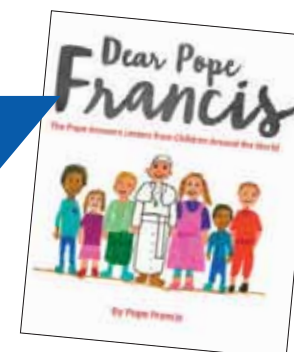
founded publishing house co-edited the book with Spadaro after reaching out to the priest for help. Spadaro brought about 50 letters with questions to the pope so he could select 30. Spadaro sat with the pope as he responded to each. Francis often complimented the artwork of the children.

"He knows Pope Francis very

well," McGrath said of Spadaro. "We tried to make it as easy for the pope as possible."

The pope's response to Mohammed spoke in part of suffering and the people who inflict it:

"There are those who manufacture weapons so that people fight each other and wage war. There are people who have



hate in their hearts. There are people who are interested only in money and would sell everything for it. They would even sell other people," he wrote.

More to Mohammed's point, Francis answered: "No, when the time comes, the world will not be as it was. It will be far better than it was in the past."

Once the pope agreed to participate in the project, Loyola reached out to priests and lay people around the world to connect the publisher with children to write the letters.

The 30 kids in the book range in age from 6 to 13. "He loved the project right from the beginning," McGrath said. "He has this great affection for children, who have a great affection for him. He was surprised at the depth of the questions."

THE ASSOCIATED PRESS

Fight the strain of student life

SELF MESSAGE

Yoga balls can help ease tension in upper back

Has student life done a number on your back? If so, let me introduce you to your new best friends — they're portable and affordable self-massage tools called Yoga Tune Up Therapy Balls. These high-grip rubber balls will allow you to troubleshoot problem areas in real time while restoring circulation, mobility and ease to the body. (Lacrosse balls, tennis balls, soft balls and children's rubber balls work too.)

1. Place one ball on the right side of your upper back, where your backpack strap might rest. Use your body to sandwich the ball against a wall.

2. Walk the feet away from the baseboards and soften your knees until you come into a slouchy backbend.

+ FEELS SO GOOD

Get hooked on 'rubber drugs'

Self massage not only diminishes pain and improves mobility, but it also helps your nervous system. This kind of self-care brings about a global relaxation response that shifts you from fight-or-flight mode to rest-and-digest. Jill Miller, the founder of Yoga Tune Up, calls these therapy balls rubber drugs. They're like a painkiller and a sedative rolled into one — without the negative side effects.

Relax into this zombie-like stance with arms hanging loosely by your sides and lower jaw released.

3. Use your legs to move your body up and to the right so the ball carves a route down to the space between your spine and right shoulder blade. Then re-bend the knees to return to your start-



Yumee Chung demonstrates how to use the Yoga Tune Up Therapy Balls. COLE BURSTON/TORSTAR

ing point. The ball's trajectory will look roughly like the right half of a smile or a quarter circle.

4. Repeat as many times as you like before heading over to the other side. You've got permission to be a little imprecise with the action so

the ball can wander to a variety of places on your upper back. Spend some time on any areas that require extra attention.

Pack a pair of balls in your book bag and turn your next study break into a budget-friendly spa vacation.

YUMEE CHUNG/TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

ENVIRONMENTAL HAZARD

Most outdoor gear carries toxins according to study

Greenpeace said Monday that hazardous chemicals were "widely present" in a range of outdoor gear it tested, from clothing and footwear to backpacks, tents and sleeping bags.

The study showed toxic chemicals are "still widely present in products by brands such as Jack Wolfskin, The North Face, Patagonia, Mammut, Norrona and Salewa, especially in the production of footwear, trousers, sleeping bags and some jackets," said the report.

PFCs are used to add water-proof and dirt-repellent finishes to outdoor apparel, but are hazardous to the environment and human health, said the environmental activist group.

"Once released into the environment most PFCs break down very slowly. They can remain in the environment for many years after their release and are dispersed over the entire globe," the report said.

The pollutants have been found in secluded mountain lakes and snow, can accumulate in the livers of Arctic polar bears and be detected in human blood, the report said.

Greenpeace said studies had shown that some PFCs "can cause adverse impacts ... on



Greenpeace is urging all outdoor apparel companies to join its Detox My Fashion campaign that aims to quickly remove hazardous chemicals from the textiles industry. ISTOCK

the reproductive system and the immune system, as well as being potentially carcinogenic in animal tests".

The group said an independent laboratory had tested 11 jackets and eight trousers, seven pairs of shoes, eight backpacks, two tents, two sleeping bags, one climbing rope and one pair of gloves.

The four products that did not contain PFCs were jackets by Vaude and Jack Wolfskin, a backpack by Haglöfs and a pair

of gloves by The North Face, said Greenpeace, adding that this showed it is possible to produce outdoor gear without PFCs. AFP

36 of 40

Greenpeace said out of 40 products tested, only four were free of per- and polyfluorinated chemicals (PFCs).



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SAIT Polytechnic now offers more than 80 summer camp programs for youth heading into grades 4-12. Whether your child's interest is in science or construction, media arts or culinary arts, athletic development or making sense of money, there's a fun and skill-building experience for everyone. We also offer free before and after care. Register online at saitsummercamps.ca or by calling 403.284.7248.

Sait
POLYTECHNIC

Let SAIT's passion inspire your children's

SAIT Summer Camps have been designed to be as unique as your children, no matter what their interests may be.

Whether your child is into sports, science, arts, cooking, computers, or even starting their own business, SAIT Summer Camps can help turn a camper's curiosity into a passion.

"We strive to provide campers with a fun, engaging and safe experiences in an authentic learning environment," says Rozlynn Wick, youth and strategic initiatives co-ordinator, SAIT Polytechnic.

"We get excited about the light-bulb moments when campers discover things that interest them or develop a new skill that may help them narrow in on areas that they want to pursue in the future, either through post-secondary or the world of work."

The programming offered through SAIT Summer Camps has been carefully developed to align with programming offered in SAIT's programs.

"By exposing campers at a younger age to some of the possibilities of the world of work, in an authentic and fun learning environment, we start to see them make connections between their interests and how they might pursue them," says Wick.

This summer, SAIT Summer Camps is offering a number of new camps designed with the trades in mind.

Weld-a-saurus, advanced, is for campers who have previously taken the Weld-a-saurus camp, but projects will be more advanced and will help campers further their welding skills.

The World of Electricity will have campers experiment with different circuits, learn about voltage and see how electricity works in their everyday lives.

The new Math Explorers camp will teach campers how math is all around them and used in everyday life.

And the Venture Adventure camp will teach campers about what it takes to become an entrepreneur, including exploring marketing, financials and sales activities involved in starting your own business.

SAIT Summer Camps also offers a bursary program (applications are due by March 11 and information can be found online), a registered lunch program (including new for this year, a gluten-free menu) and free before- and after-camp care.

Registration for the SAIT Summer Camps is now open.

"Campers come back year after year, and many camps fill up quickly, so we encourage families to register early in order to avoid disappointment," says Wick.

Parents can register over the phone by calling 403-284-7248, or online through the SAIT Summer Camp website, saitsummercamps.ca.

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins

A bad case of road rash

NHL

Flames wrap up five-game trip with loss to Stars

Jamie Benn and Jason Spezza scored 80 seconds apart early in the second period, and the Dallas Stars beat the Calgary Flames 2-1 on Monday night.

It was only the third win in 11 games this month for the Stars, who closed out a 3-6-2 stretch heading into the all-star break after leading the Western Conference for much of the season.

MONDAY In Dallas



The Stars have 67 points, three behind conference and Central Division-leading Chicago. But the Blackhawks have played 52 games, two more than Dallas, and have their last game before the break Tuesday night.

Benn's 28th goal of the season came 2:43 in the second, with a little backhanded flip just off the right post. The goal was set up by Valeri Nichushkin's pass, after he had skated behind the net to retrieve his own pass off the boards.

Then Spezza was off the left post behind Karri Ramo after the goalie had skated up for another shot that was wide.



Flames centre Mikael Backlund skates toward the net against Stars goaltender Antti Niemi and defenceman John Klingberg on Monday in Dallas. TONY GUTIERREZ/THE ASSOCIATED PRESS

The puck ended up on Spezza's stick on the left side of the net with a wide open gap for his 17th goal and a 2-0 lead.

Ramo stopped 28 shots. Antti Niemi, making his third straight start for Dallas, had 23 saves.

Calgary, 2-5-1 in its last eight

games, got its only goal early in the third period when Jiri Hudler passed from behind the net to Joe Colborne. It was the seventh goal of the season for Colborne, who has goals in two straight after getting two in his previous 28 games.

The Flames had three power-

play chances in the second period without a goal.

Dallas had allowed goals on five of the 11 previous power plays going into the game. But Calgary was 0-for-5 with the man-advantage, including the final 9.4 seconds of regulation when Ramo was on the bench,

giving them six skaters on the ice.

Calgary wrapped up a five-game road trip (1-3-1) with its only win during that stretch coming against NHL-worst Columbus. The Flames host Nashville on Wednesday night.

THE ASSOCIATED PRESS

IN BRIEF

Graham James granted day parole in Quebec

Graham James, the disgraced former junior hockey coach who sexually abused several players under his watch more than two decades ago, was granted day parole Monday.

James, 62, appeared before the National Parole Board at a federal prison in Laval, Que., where the ruling was handed down after a four-hour hearing.

He is currently serving a seven-year sentence for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League.

James, who was seeking full parole, has been convicted of sexually assaulting six of his former players hundreds of times during that period.

THE CANADIAN PRESS



Graham James
THE CANADIAN PRESS FILE

Suspicious betting linked to mixed doubles match

Players involved in a mixed doubles match at the Australian Open said Monday they were interviewed by the Tennis Integrity Unit after a newspaper reported it had attracted suspicious betting patterns.

According to The New York Times report, the gambling website Pinnacle Sports said it had received an unusual spike in bets for Lukasz Kubot and Andrea Hlavackova to beat David Marrero and Lara Arruabarrena, causing it to suspend betting before the teams played on Sunday.

All players identified in the newspaper report rejected any possibility of fixing in the match, which was won by Kubot and Hlavackova 6-0, 6-3.

Kubot said Monday "we give 100 per cent of that match" and he believed his opponents "were trying 100 per cent."

THE ASSOCIATED PRESS

DENVER

Manning \$2M richer

Peyton Manning earned back half of the \$4 million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

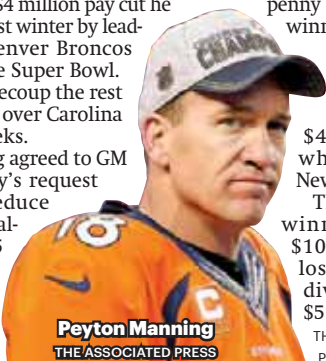
Manning agreed to GM John Elway's request that he reduce his 2015 salary to \$15 million. But he did so with the caveat

that he could earn back every penny by getting to and winning Super Bowl 50.

Each member of the Broncos earned \$46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get \$102,000 and the losing team's individual share is \$51,000.

THE ASSOCIATED PRESS



Peyton Manning
THE ASSOCIATED PRESS

IN BRIEF

MLB clears Yu Darvish of any wrongdoing

A person familiar with the investigation says Major League Baseball has determined that Texas Rangers pitcher Yu Darvish had no role in any of the activities that led to the arrest of his brother in Japan for allegedly running an illegal gambling ring. MLB was looking into the October arrest of Sho Darvish as part of standard protocol and not investigating the pitcher, the source said Monday. THE ASSOCIATED PRESS

CAROLINA

Broken arm, still Super Bowl-bound

All-Pro linebacker Thomas Davis had surgery Monday morning on his broken right forearm, but is expected to play in the Super Bowl on Feb. 7.

Head coach Ron Rivera said the 11-year NFL veteran may need to wear a brace on his arm similar to the one worn by New England Patriots tight end Rob Gronkowski.

Davis broke his arm in the second quarter of Carolina's 49-15 win over the Arizona Cardinals on Sunday in the NFC

“If everything goes well it is something he can mostly certainly play with.”
Head coach Ron Rivera

championship. Davis said after the game he fully expected to play in the Super Bowl in about two weeks.

THE ASSOCIATED PRESS

IN BRIEF

Former NFL pivot Young arrested for drunk driving

Police say former NFL quarterback Vince Young has been arrested on charges of drunken driving in Austin, Texas.

Travis County jail records show that the 32-year-old former Texas star was booked Monday on a misdemeanor charge of driving while intoxicated. His bond was set at \$2,000. An arrest affidavit says Young's speech was mumbled and slurred. Young was pulled over after an officer saw his car allegedly drifting and changing speeds on Interstate 35.

THE ASSOCIATED PRESS

Carter back with Als after stint in Indianapolis

Duron Carter is back with the Montreal Alouettes.

The speedy receiver signed a one-year deal with the Alouettes Monday after spending last season on the Indianapolis Colts' practice roster. Carter, 24, registered 75 catches for 1,030 yards and seven touchdowns in 15 games in 2014 with Montreal.

THE CANADIAN PRESS

James helps to give new Cavs' coach Lue first win

LeBron James scored 25 points and the Cleveland Cavaliers gave Tyronn Lue his first win as head coach with a 114-107 victory over the Minnesota Timberwolves on Monday.

Cleveland lost to Chicago on Saturday, a day after Lue replaced David Blatt, who was fired on Friday.

The Cavaliers struggled with the Timberwolves before going on a spurt that began late in the third quarter and carried over into the fourth. THE ASSOCIATED PRESS

Williams cruises into Aussie Open semifinals

Serena Williams attacked Maria Sharapova's strength and it helped extend her complete domination of their rivalry, earning the six-time Australian Open champion a place in the semifinals.

Top-ranked Williams beat Sharapova 6-4, 6-1 in the quarterfinals on Tuesday, her 18th consecutive victory and 19th in 21 career meetings back to 2004. THE ASSOCIATED PRESS

Raonic's net gains

AUSTRALIAN OPEN

Big-serving Canuck no longer servant to power game

Milos Raonic has always turned heads with his big serve. Now that he's improved his play at the net, the Canadian tennis star is even more dangerous.

Raonic advanced to the quarter-finals of the Australian Open for the second straight year, defeating 2014 champion Stan Wawrinka 6-4, 6-3, 5-7, 4-6, 6-3 Monday in a marathon match lasting three hours, 44 minutes.

The 13th seed from Thornhill, Ont., improved to 8-0 this season and downed a former Australian Open champion for a second time. He tuned up for the year's first Grand Slam by defeating 17-time Grand Slam champion Roger Federer in the final of the Brisbane Open.

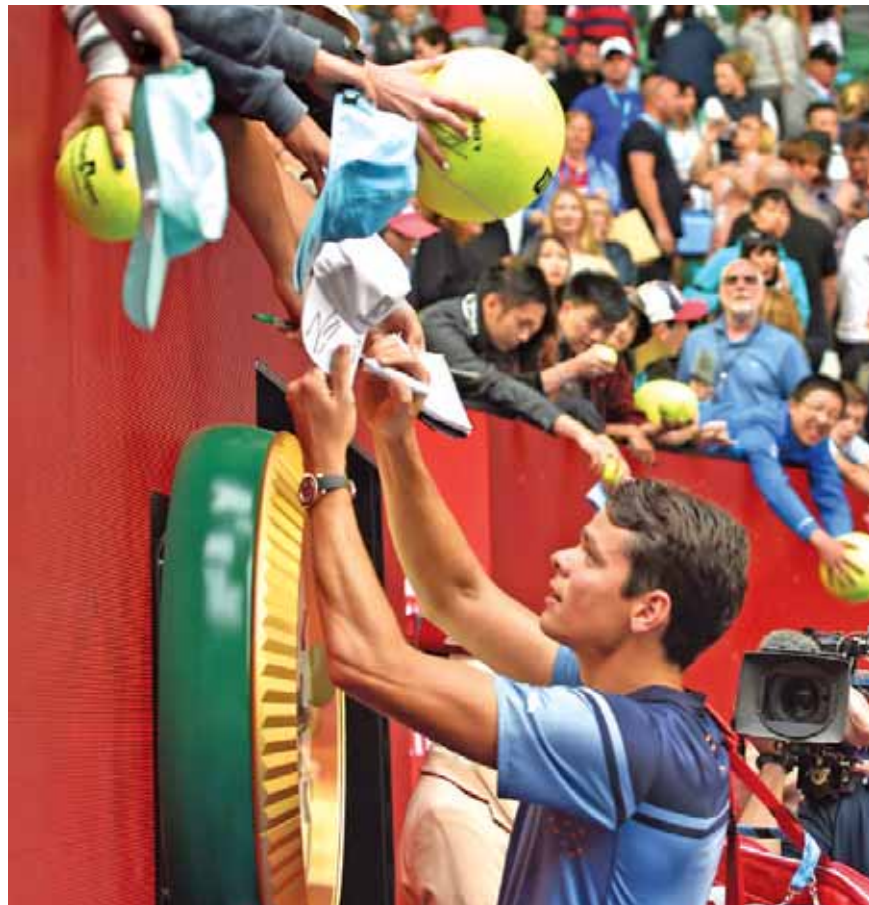
Raonic attributes his success this season to his improved volleying.

"I think it's what helped me win in Brisbane," he said. "It's what helped me win my first three matches here, is that comfort and confidence of going forward."

"But not even just that. In the off-season I spent a lot of time up at the net."

"So it's not just about confidence, it's about an understanding of what I need to do, where you go in certain situations, how not only to finish the points, how to defend a little bit better at the net and how to cover and move better to make the opponent think."

Raonic said he had a lot of time to analyze and tweak his game while dealing with a



Milos Raonic meets his growing fan base following his victory against Stan Wawrinka.

SAAED KHAN/AFP/GETTY IMAGES

series of frustrating injuries last season.

Raonic, who lost to the fourth-seeded Wawrinka in their four previous meetings, improved to 18-5 in Melbourne and 47-19 at Grand Slams.

Raonic was cruising with a lead of two sets to love when his game suddenly derailed. Wawrinka stormed back to win the third and fourth sets but Raonic was able to close it



Do I wish I was more like somebody else? No.

Milos Raonic

out in the fifth, finishing the match with 24 aces, 82 winners and five breaks of serve.

"I'm very happy with the way I played, the way I com-

peted, the way I turned things around after having the momentum against me going into the fifth" he said. "At the same time, as happy as I am, my mind's already on what's the process for my next challenge. I'm always looking for ways to get better."

Raonic next faces Gael Monfils, the Frenchman who beat Russian Andrei Kuznetsov 7-5, 3-6, 6-3, 7-6 (4).

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CONSPIRACY	SCOUT	TOGA	3	6	7	9	5	1	4	2	8
ARE UNK	LOWFA		5	4	9	3	1	6	8	7	2
WESTERN	DEU	HANA	2	3	8	7	9	4	6	1	5
BRACE	WHEED		1	7	6	5	2	8	3	9	4
HEAD	QUEEN	FERON	7	5	1	6	4	9	2	8	3
HEAD	QUEEN	FERON	6	9	3	2	8	7	5	4	1
ASTRO	YTCI	WINT	8	2	4	1	3	5	7	6	9
VAN	AND	THEMP									
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RECIPE Black Bean Burgers



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada



Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients

- 2 x 14 oz cans of black beans, rinsed
- 1 egg
- 1/4 cup of panko or regular bread crumbs
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.
2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.
3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

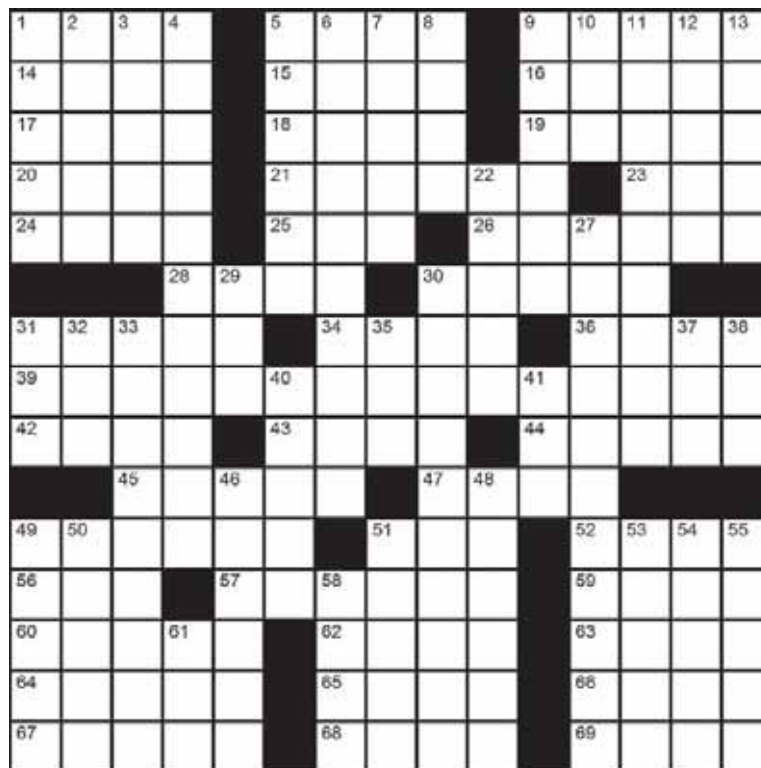
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Requiring-directions reason
5. __ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. __-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes



56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible

65. Coastal bird, variably
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

DOWN

1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest

5. Nearer
6. Make an expired membership usable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party
10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __ Ship of State!" - Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __ _ whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeew!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy __ (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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The Calgary way makes us strong



TORSTAR

“Ninety per cent of us are proud to be Calgarians, 80 per cent are satisfied with the level and quality of services the city provides, and the majority of citizens think they get good value from their property taxes (which remain the lowest of any major city in Canada).”

From the mayor's office: Naheed Nenshi shares his solutions to the economic downturn

Make no bones about it: Calgary is an extraordinary place. I know all mayors like to say stuff like that, but in our case, it's actually true.

The Economist Intelligence Unit once again this year ranked us as one of the most liveable cities in the world; we are routinely hailed for our cleanliness and environmental record, and rated as one of the best places in which to invest and start a business.

Our citizen satisfaction ratings are also off the charts. Ninety per cent of us are proud to be Calgarians, 80 per cent are satisfied with the level and quality of services the city provides, and the majority of citizens think they get good value from their property taxes (which remain the lowest of any major city in Canada).

But we are also facing some challenges. This economic downturn gives us the opportunity to determine — as a community — where we want to go next. Do we hold the steady course until things turn around? Do we explore new areas and ideas for growth? What do we need to do now to ensure our collective future?

In 2014, your city council set out a series of key priorities to guide us in our decision-making: We strive to be a prosperous city, a city that moves, a healthy and green city, a city of inspiring neighbourhoods, and a well-run city. These priorities continue to guide all of our actions, and serve as a

road map for how we move into the future.

In fact, the very best things governments can do in times like this — when interest rates are as low as possible, construction costs are coming down, and people are looking for work — is build infrastructure we need anyway. We are making the largest investment in public transit in our history, nearly doubling the LRT network and growing bus rapid transit across the city. We're investing in roads and community facilities like libraries and fire halls, as well as in protection from floods.

We've also just concluded our Off-site Levy bylaw, which

passed unanimously in early January. This new levy means that growth will (for the first time ever) pay for itself, and home buyers will be able to make choices based on a level playing field with true market forces and competition.

The city has also put measures in place to ensure that Calgarians who are facing difficult times are supported. Council recently approved a \$30-million Community Economic Resiliency Fund, which has frozen transit fares and recreation fees at 2015 pricing, dedicated \$5 million in emergency funding to support non-profit organizations, and allocated \$14.4 million towards afford-

able housing initiatives and opportunities to create economic activity.

These are just the things that we as a municipal government can do. It's important to remember that we all have a role to play in building Calgary's future. We have seen time and time again that our city's true strength is in the ingenuity and resourcefulness of its citizens. We rally around each other in times of need and aren't afraid of doing the hard work required to get us back on our feet.

None of us can know what the future holds, and I know that the uncertainty is very unsettling. These are not easy times. However, I am confident that whatever happens we will emerge stronger than we were before.

It's the Calgary way.



Fans cheer and wave flags as the Canadian delegation parades during the opening ceremony of the XVth Winter Olympic Games in 1988. The spirit that made those Olympics so successful is still alive and well in Calgary. GETTY IMAGES

What might Calgary look like in 2050?

LOOKING AHEAD

New energy found in city known for more than oil

Jeremy Klaszus

What might Calgary look like in 2050?

Let's jump ahead. The city's population has more than doubled to 2.5 million. Once a city known primarily as a corporate headquarters for energy companies, Calgary

is now known for much more than that.

It has, for example, become Canada's epicentre for music.

How did we get here? In the same way that infrastructure for the 1988 Olympics made Calgary a destination for winter sports athletes, the city's music facilities — the many recording studios and performance venues that popped up after the National Music Centre opened in 2016 — made Calgary a destination for Canadian musicians.

Not that energy isn't still the economic engine of the city. It's just changed. Companies in the city lead the way in energy-efficient fossil fuel

“Not that energy isn't still the economic engine of the city. It's just changed.”

extraction, and conventional sources are heavily complemented with renewables, making the city far more economically nimble and resilient.

In 2050, we've harnessed solar and wind energy to not only power things like the LRT, but much of the city. Once governments started offering incentives for installing solar panels at residences, Calgarians took advantage of their geographic position as Canada's sunniest city. Now

most residents don't just take energy from the grid; they feed power into it.

Much of the city's core, meanwhile, has been transformed, with a busy, animated civic district where Olympic Plaza used to stand mostly empty and quiet. Today, a steady stream of people walk from Stephen Avenue to the East Village library, using a wide, elegant walkway that passes through city hall.

But it's not only the inner

city that's been transformed. Calgary's suburban communities look much different than they did 40 years ago. A focus on building and re-energizing main streets has brought new energy to neighbourhoods from Country Hills to Cranston. People stroll and bike along tree-lined boulevards with retail and restaurants — a change that has made people feel more connected to their communities.

Calgary got here in part by applying the 8-80 principle — a city should be designed so that people from age 8 to 80 can easily get around. Working with each neighbourhood, city planners identi-

fied streets and spaces that could be turned into walkable community gathering places. This is particularly important as the senior population has grown.

Driverless cars seamlessly transport people on the ring road around the city, en route to destinations such as Fish Creek and Nose Hill. These urban parks remain untouched by development, keeping Calgarians close to important green spaces, even as the city has densified.

And the people of the city? They're still hardy, friendly and creative, and see themselves as independent thinkers. Same as always.

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Mayor Naheed Nenshi believes the city's demographics help make Calgary great. But he says the aging population will influence planning and growth in the future. ISTOCK

City remains young ... but aging

DEMOGRAPHICS

Finding the balance with the rising tide of seniors

Krista Sylvester

Calgary may have the distinction of having the youngest population of all the major cities in Canada but even young cities cope with aging.

The city is fortunate to have experienced the benefits of a young population — one that is eager to work hard and play harder — and the effects of an aging population have been realized more slowly in Calgary, according to Mayor Naheed Nenshi.

“The most interesting demographic shift in Calgary is we’re one of the only cities in the western world where the population pyramid is still a pyramid with lots of young people working here,” Nenshi explained.

“But an aging population

can have very profound implications on who we are, how we grow and how we build, so we have to ensure that we are ready for an older population and one that is more active than in the past. People are working longer even after retiring, they are staying involved in the community and they’re moving around the city in different ways.”

And for that shift, Calgary has to be ready, Nenshi added.

As a city, people are living longer and having fewer children, which also influences the demographic makeup

of the population that is already on the edge of a rising tide of seniors — but make no mistake, Calgary is still a youthful city with an energetic vibe.

“We have people moving here despite the economic downturn and they are expecting a city that has a young energetic vibe and that’s part of the appeal — they want to enjoy their life as well as their work and that’s what makes Calgary a great place to call home,” Nenshi added.

“We’ve been working very hard for many years and con-

+ THE NUMBERS IN CALGARY

- In 2014, there were approximately 120,000 Calgarians 65 years and older, making up 10 per cent of the population.
- That number is expected to balloon to 225,000 in 20 years. By 2042, the number of seniors will grow to more

- than 280,000, making up 15 per cent of Calgary’s total population.
- In 2011, the median age in Calgary was 36.4 years old. In comparison, the median age for Canada was 40.6 years old.

CITY OF CALGARY

tinue to work very hard making sure that Calgary is a place of opportunity for people from various backgrounds and

professions. We continue to invest in new ways of people getting opportunities here in Calgary.”

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THE ECONOMY

Businesses insulate the city during tough times

Jennifer Allford

As the energy sector struggles with plummeting oil prices and the thousands who have lost jobs in oil and gas wonder what to do next, other industries in Calgary are busy and getting busier.

Take the film and television sector. Last year was a record year and 2016 is shaping up to be pretty hot as well. Not only does Calgary have great talent and natural beauty, a new film centre and the low dollar are even more incentive for Hollywood to head north to shoot TV shows and movies.

That low loonie is also attracting plenty of tourists from the U.S. and keeping Canadians home to enjoy a staycation rather than hitting a golf course in Phoenix. All that is very good news for Calgary's tourism industry.

"There's growth in other industries," says Mary Moran the president and CEO of Calgary Economic Development (CED). "It's happening. We can see it in employment growth and that will insulate us a little."

Meanwhile, CED is working on a 10-year strategy to leverage what we've learned in the energy industry and use it to help further diversify the



As oil prices fall, other industries are taking the lead in establishing the city as a hub of business and innovation. JENNIFER FRIESEN

Calgary is equipped with all the right ingredients to become the innovation leader in this country.

Mary Moran, Calgary Economic Development

city's economy.

There are some obvious places to start, like logistics.

"Calgary is perfectly positioned as an inland port

from the West Coast both from Prince Rupert and Vancouver for consumer goods," says Moran. "You can access 50 million people within a 24

hour radius. We have the geography and we have the assets to become a premier distribution hub for Western Canada."

Calgary is on the TransCanada highway and Canamex Trade Route. There are two intermodal railway yards, CP, WestJet, a long runway suitable for cargo planes, and a lot of industrial space.

Closely aligned with a big-

ger logistics industry is agribusiness — creating value to the raw food Alberta produces.

"Historically, we have shipped raw products out of here — beef, wheat, barley, canola, mustard, lentils — and we buy them back in a can, a bag or a box," says Moran.

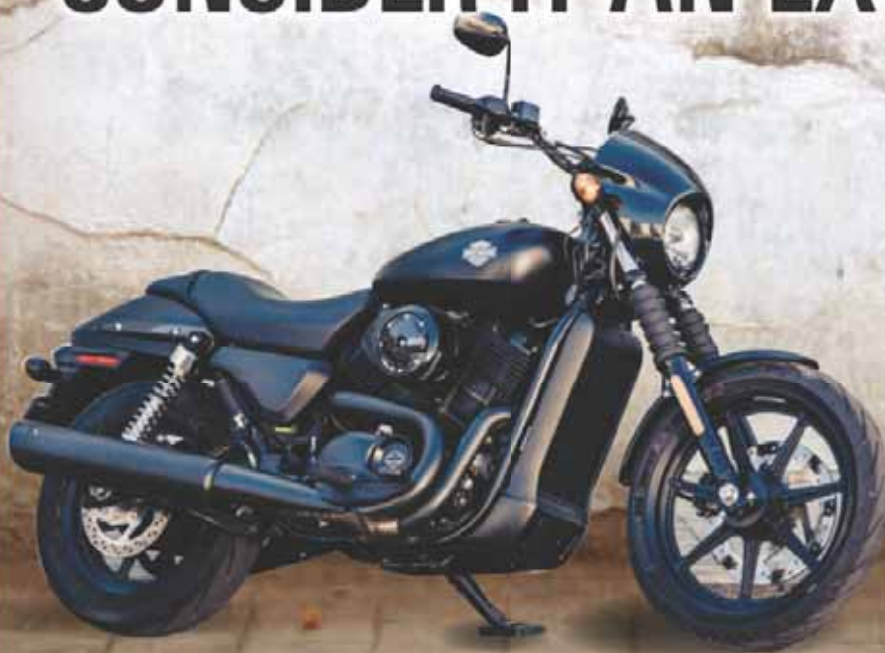
Calgary is also poised to further the growing renewable energy industry and figure out,

for example, how to store solar and wind power.

"Calgary is equipped with all the right ingredients to become the innovation leader in this country. We just don't have a recipe....," she says.

But that's changing too: "We're in a real grieving stage right now and I think people are moving quickly into 'Let's get stuff done.'"

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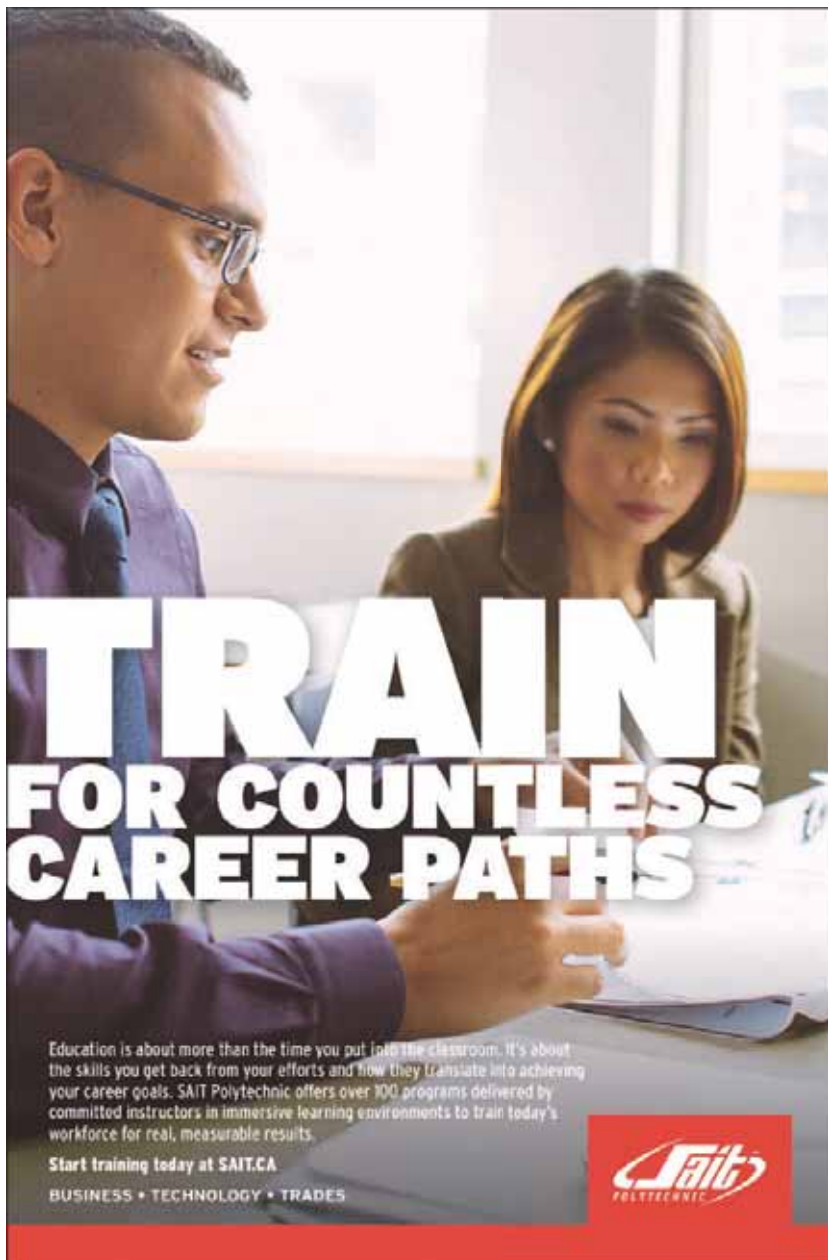
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Shane Keating is touting the benefits of the Green Line project. JENNIFER FRIESEN

PLANNING

Transit-oriented developments are the future

Krista Sylvester

While it's still years away, the city's Green Line transit project is already being touted as one of the best ways to help ease congestion on the city's roads but it can't come soon enough for many motorists.

As eager citizens have been catching a peek at plans for the multi-million dollar project at several open houses this month, Ward 12 Coun. Shane Keating is also excited at the benefits the dedicated bus rapid-transit route will bring to the city when it's finally completed.

"We have close to 350,000 people in the area of the Green

Line that have overcrowding bussing scenarios in both the north and the south," he said, adding this project will eventually be able to take 35,000 cars per day off the road.

"That alone will help when we talk about congestion in the city but anyone who thinks they can get in their car any time of day and go anywhere in city without a little congestion is missing the fact Calgary is becoming a large city."

But the project has its critics; though Keating says the benefits expand beyond the people taking transit.

"If you have to take your vehicle to work, wouldn't you want others who choose transit be able to take it? There are literally thousands of people in the southeast forced to take their vehicles because it takes over an hour to get to the core on the bus. If we can remove cars from the road because there is better transit, it'll make the roads less congested for those who do choose to drive."

26 km

Construction is underway on the buses-only 26 km Green Line Southeast Transitway.

Keating says the plan will also help the city create more transit-oriented developments, especially in the south where there is still ample space to build.

For example, while there currently might be 2,000 people who live in a 600-metre radius around a transit stop, Keating says that number can balloon to 20,000 in the future at full potential.

"It just makes absolute sense that we put offices and residences next to a stop. Suddenly you have created jobs and homes for people who make the choice to live there and walk out the door to the transit stop. The Green Line allows us to do that."

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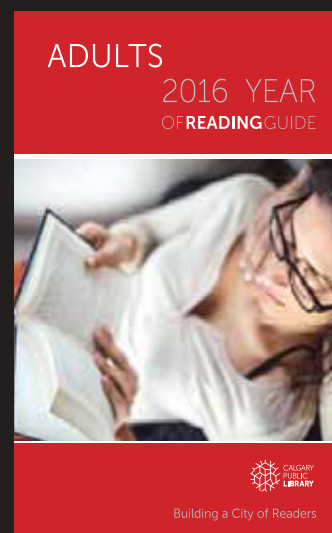
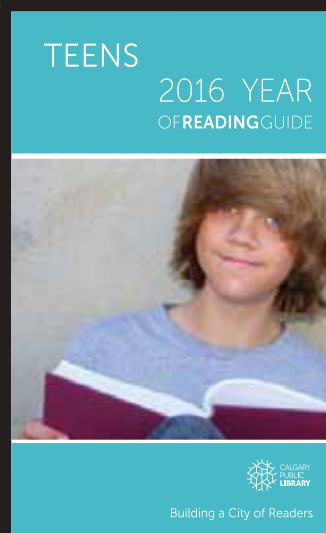
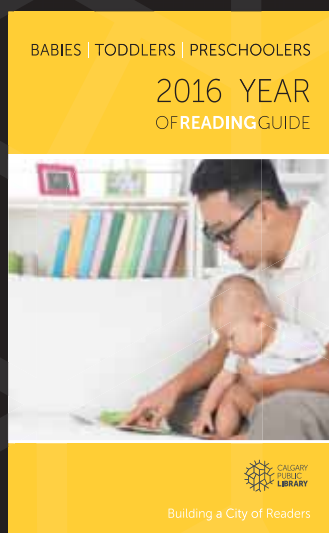


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Neighbourhoods battle density

GROWTH

More multi-residential units future of development

Krista Sylvester

These are the kinds of projects we need in the city to achieve economic, environmental, and social sustainability.

At least, according to Ward 11 Coun. Brian Pincott, who says all eyes are on two inner-city neighbourhoods who are pioneering new ways of doing things.

One project happens to be

the innovative N3 parkade-free condo tower in East Village and the other is a new development project in the Currie Barracks area that is set to transform the area with sustainable urban living.

"These are the kinds of projects that we need to strive for so that we can address our impact on the environment and we have to demonstrate

that it's completely doable and that people want to live there," Pincott said.

Pincott is especially excited to see how the Currie Barracks project turns out, saying the low-impact, highly walkable community will likely serve as a benchmark for future projects.

"Many arguments against these types of projects are

that nobody wants it and nobody can afford it, and I think after we get one or two done and show that it can be doable, people will live there and it just makes sense socially, environmentally and economically.

"Bring the jobs to where the people live is a big piece of what we need to do."



Bring the jobs to where the people live is a big piece of what we need to do.

Coun. Brian Pincott

Currie Barracks



JENNIFER FRIESEN

A contemporary urban village in the heart of southwest Calgary, just seven minutes from downtown that will blend work, life, and play.

- A mix of retail, dining, restaurants, parks,

and residences

- Incorporating transit from day one
- 11,000 people expected to call the area home
- Historic military buildings will stay integrated into the community
- The project is estimated to cost \$28 million

N3 in East Village



JENNIFER FRIESEN

Metropia (Toronto) and Knightsbridge Homes (Calgary) teamed up to develop Calgary's first car-free condo dubbed N3 (New Attitude, New Living, New Vision) in the booming East Village area, just steps from the LRT.

- 15 storeys

- 90 per cent of the 167 units sold out in a week
- Parking for bicycles, Wi-Fi connectivity in each unit
- Each buyer receives a \$500 credit to Car2Go and an urban bicycle
- The units average \$260,000 and attracted buyers between 20 and 35 years old

NMC tunes up city's music scene

CULTURE

East Village facility will house large collection

Jennifer Friesen

From the gargantuan synthesizer heard in Stevie Wonder's *Superstition* to a piano that taught elementary musicians, the National Music Centre's (NMC) collection of instruments is one of Calgary's greatest toy-boxes.

After decades of passing through new names, the collection of more than 2,000 rare instruments is now moving to a new location in Calgary's revamped East Village.

The move gives the centre its largest artifact yet: The King Edward Hotel. The Kind Eddy has a long-standing history as Calgary's blues bar and has been restored to its former glory, complete with the stage and bar.

"It all goes back to trying to establish a home for music in Calgary," said Chad Saunders, with the NMC. "Calgary's underrated as a musical city, but we have a history and we're doing a lot of things that are really unique."

Calgary-based musician, Jordan Ostram (who you can read more about in our Top Five Young People to Watch),



Chad Saunders, acting director of operations and special projects at the National Music Centre, says the new facility will be a way to "inspire" new music in Calgary. JENNIFER FRIESEN

said she's seen Calgary's music scene blossom over the past five years, and she expects it to keep growing.

"When I first started, there wasn't a lot of volume, so I'd be playing a folk duo on bills with heavy metal bands," she said. "But now, it's grown to the point where the venues are filling up, you can streamline what kind of shows you want to see, and I think the interest has been a catalyst to more venues opening up in the city."

Saunders added that the NMC's living collection is a tool to keep inspiring musicians, both new and old, to explore sounds and rediscover music.

"You can go to a renowned museum, and there might be an amazing instrument there — but it's behind glass," he

said. "But our living collection will be activated, which I think sparks inspiration and great ideas. When you take a complex instrument, pare it down and share it with people, music becomes so much more accessible."

The new 160,000-square-foot facility is set to open this summer with five floors of exhibition space, and a 300-seat performance venue. Saunders said it will be the "gateway" to the redeveloped East Village, and hopes the sounds open up doors for curious musicians.

"You start with something micro, like the building, which then moves out to the community of East Village," he said. "The National Music Centre will be one of the many pieces of what music will be in this city."

FILM CENTRE

Industry going to the next level

As a ready-made set for the wild west, Alberta has a 100-year history in film and television — and now Calgary's setting up the next act.

In a few months' time, the \$28.2-million Calgary Film Centre will officially launch under the Calgary Economic Development.

Luke Azevedo, commissioner for Calgary Economic Development, said the 50,000 square feet of purpose-built soundstages will create "a perfect storm" to build Alberta's film and television sectors over the next decade.

"I think Alberta is poised and ready right now," he said. "This is potentially the opportunity for this province to see this sector grow in a manner that it has

never seen before."

After working in the industry for almost 30 years, Linda Ambury said the exchange rate has caused many ebbs and flows over her career, but having a purpose-built facility offers a new kind of security in the business.

"It's exciting because we've never had anything like this in Calgary before," she said. "It affords us the opportunity to film here during the winter."

Currently, sets for productions such as *Fargo* and *Heartland* have had to rent spaces in abandoned buildings, warehouse and offices, which Azevedo says can make for a

hard sell in the industry.

Approximately 3,000 Albertans currently work in the film and television industry, and Azevedo expects that number to double over the next five

to seven years with the addition of the new film centre.

"Everyone knows we can create the quality of productions they see up on the screens," he said. "So having a facility like this really does solidify our location as one that has a significant interest

in film and television.

"We want Alberta's stories to be told, and the film centre will play a part in that."

JENNIFER FRIESEN



Luke Azevedo

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Breaking the homeless cycle

SOCIAL SERVICES

With Calgary's 10-Year Plan to End Homelessness coming up on its deadline in 2018, we ask the question: Can we end chronic homelessness?

Jennifer Friesen

David Conway was just a teenager when he first found himself behind bars.

He was caught trafficking drugs while trying to feed his own addiction, and, now, at 61 years old, he's still fighting.

It's been more than a year since Conway has been clean and sober. While sitting on his bunk at the Calgary Drop-In and Rehab Centre, where he's been sheltered for a year, he offers a contagious grin.

"I'm really proud of myself, that's a biggie," he said.

"I've been on-and-off the streets my whole life, for years at a time. Where would I be if I didn't have a place like this? I'd still be in the streets, period."

It's been seven years since the Calgary Homeless Foundation (CHF) launched their 10-Year Plan to End Homelessness — but, at last count in 2014, 3,555 homeless people were still on the streets.

As Calgary looks forward on the next decade, it begs the question: Can the cycle of homelessness really end?

Diana Krecsy, president and CEO of the CHF, has no doubts.

"It can never stop, but if you're going to ask me can we end it, the answer is yes," she said.

"That can happen, and anyone who says it can't is living in a world of excuses. Homelessness isn't the problem — it's a symptom of the problems. The problems are poverty, racism, inequities to access for services, health care, and prevention up-front."

As of April 2015, the average rent of a two-bedroom apartment in Calgary was \$1,319, leading Krecsy to add that the No. 1 concern in the plan to end homelessness is affordable housing, which she describes as a "crisis in this province."

"It's not housing when we need it, it's housing we need all the time," she said. "As we move forward, we need the support of all three levels of government to realize this, open up land, and invest in affordable housing with support staff."

Since the plan was implemented in 2008, the rate of homelessness has dropped by 15 per cent, which Krecsy notes is in spite of population growth and both a boom and a bust in the oil industry.

"The progress we've made since 2008 is phenomenal,"



After living on the streets and battling addiction for years, David Conway, pictured above and below, is clean and sober. As he sits on his bunk at the Calgary Drop-In and Rehab Centre, he says the support at the shelter saved his life. JENNIFER FRIESEN

she said. "Had we done nothing, had we not had the plan in place, had we not integrated affordable housing — we'd be at 10,000 homeless right now, which shows that we have to keep going."

For Conway, it may have taken a long time, but he said he's working with staff at the Calgary Drop-In and Rehab Centre to find a home he can afford on his own with the resources he needs.

"I've been working whenever



As we move forward, we need the support of all three levels of government to realize this, open up land, and invest in affordable housing with support staff.

Diana Krecsy, Calgary Homeless Foundation

I can, so it would be nice to get out of here," he said.

"But I need some kind of place where I'm supervised, where my finances are supervised. I'm 61, so it's sad to say

that I need to be supervised, but it's a reality.

"When you're an addict, you're always an addict, so it's always going to be work to not let that take over."



JENNIFER FRIESEN

City has opportunity to reinvent itself

OIL PRICES

Downturn could launch the city on a new trajectory

Jennifer Allford

West Texas Intermediate is hovering at \$30 U.S. a barrel and more than a few analysts are suggesting it could sink to \$20. Or lower.

To break even, oil sands in situ operators need to see about \$40 U.S. and mining operations need

about \$35 U.S. "If oil prices don't come back up this year, you're looking at no growth in Calgary," said Alan Arcand, an economist with the Conference Board of Canada. "We are assuming that oil prices will come back but it will be a very, very slow climb."

While many agree the days of \$100 oil may be gone, Arcand and other analysts are predicting the price of oil will rise. In the meantime, the phrase everyone is muttering is "lower for longer."

But what if "longer" means "always?" What if the price of oil doesn't recover and oil sands are not economic? "It's terrible news for Calgary and Alberta if oil prices stay that low," said Arcand. For one thing, there will

be more layoffs in the energy industry. "That's the direct impact, but there's a big indirect impact too because any kinds of services that supply these head office operations can hurt, too."

When jobs go away, we spend less. "You are already seeing a slowdown in housing construction so that would continue," he said. "But you will also see much lower spending activity in terms of restaurants and shopping centres."

And the province would see a big drop in royalties. In recent years, the Alberta government received an average of \$6.2 billion annually in bitumen and crude oil royalties — money used to pay for schools, hospitals, roads,



The falling price of oil has led to office vacancies. JENNIFER FRIESEN

and other services.

But rather than "hunkering down," Calgary needs to re-invent itself, said Todd Hirsch, the chief economist at ATB. The downturn could even attract new industries to town. "Office space is cheap,

labour is available, industrial parks have vacancy," said Hirsch.

It may seem as if the sky is falling along with the price of oil. And while it's anybody's guess when and how oil will recover, Calgary is full of educated,

+ THE STATS

- By the end of 2015, there were almost 60,000 more unemployed Albertans than 2014
- Alberta is facing an \$18-billion deficit projected to 2019

entrepreneurial, and motivated people. "I think 2016-17 will go down in history as a period of inflection for Calgary," said Hirsch. "It will put us on a new trajectory, but only if we as a city are willing to grieve what is passing and embrace what lies ahead."



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6

THINGS TO LOOK FORWARD TO IN CALGARY

With more office towers being erected, construction nearly complete on special projects, and transportation advances, the city is well positioned to contribute to the country's culture and business landscape. **JENNIFER ALLFORD**

**2016 — Film Centre**

The \$22.8-million Calgary Film Centre is expected to be up and running this year, boosting Alberta's \$150-million film, TV and digital production industry with 50,000 square-feet of custom built sound stages in an southeast industrial area. The fourth-largest filming jurisdiction in the country, the Calgary-region has garnered more Oscar, Golden Globe, and Emmy Award nominations than any other jurisdiction in Canada. And that's before *The Revenant*.

**2021 — Green Line**

The multi-billion-dollar Green Line will add 40 kilometres of track to Calgary's LRT, nearly doubling the network's size. Crews have begun looking into the geology of the route, from Country Hills in the north all the way down to Seton in the south. When completed, in 2021, the Green Line will run through neighbourhoods where nearly 300,000 Calgarians live, creating Transit Oriented Development (TOD) areas along the way.

**2016 — National Music Centre**

Calgary will become a hub for the music industry when the National Music Centre opens its new 160,000-square-foot building, Studio Bell, in Calgary's East Village this year. It will include educational programming, artist incubation, exhibitions, and performances. It will also house rare instruments and artifacts, the Canadian Music Hall of Fame and Canadian Country Music Hall of Fame collections.

**2021 — SW Ring Road**

When the final leg of the Calgary Ring Road is finished in 2021 — a 31-kilometre stretch from Highway 1 to Macleod Trail/Highway 22X — there will be more than 100 kilometres of free-flow travel around the city.

**2016-18 — Office Towers**

- Calgary City Centre is opening soon at 90 per cent head leased, meaning tenants have committed to paying the rent, but they may not use the space
- Eau Claire Tower is ready for occupancy this spring
- 707 5th Ave is scheduled to open in Q2 2017
- Brookfield Place East has more than 1 million of its 1.4 million square feet committed when it opens in Q1 2018
- Telus Sky Tower will have Telus as the main tenant when it opens in Q2 2018

**20?? — CalgaryNEXT**

The wrangling between the Calgary Flames and the City of Calgary is just beginning over the funding of a proposed \$890-million hockey arena and sports facility on the western edge of downtown. If and when "who-pays-what" is sorted, it will take about five years to build CalgaryNEXT. The issue comes back to city council in the spring. Start your pool now.



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Top 5 young people to watch

From dance to politics, Calgary's youth are setting the stage to take the city by storm within the next decade

JENNIFER FRIESEN

Romy Garrido, 24



Since taking over as vice president external of the University of Calgary students' union last spring, Romy Garrido has been making moves to improve the lives of post-secondary students in Alberta. Even before she took office, she was a founding member of the Consent Awareness and Sexual Education club (CASE), at the university. And with her new power, she's been lobbying the new governments to renew funding for campus mental health services and developing a sexual assault policy within student lobby groups. As she wraps up the final year of her political science degree, she hopes to continue working in social justice, making a positive change in the city. "I'm used to the grassroots level of social justice," she said. "But I'm excited to explore other areas where I can really affect change within government."

George Boyce, 13



While most nine-year-olds were busy collecting high scores, George Boyce was busy collecting donations to the Alberta Children's Hospital.

Five years ago, George's parents asked him what he'd like to do for his December birthday. He answered instantly, saying he wanted to throw a party, but donate all his presents to charity. The tradition has carried on every year, bringing in hundreds of toys to the hospital each year.

"People say that you should give and not expect to receive, so that's just what I do," he said. "I don't need anything in return."

While he says one day he might "outgrow" donating toys, he said he plans to keep giving as much as he can.

Jordan Ostram, 25

The last few years have been a whirlwind for Jordan Ostram. After releasing her debut album, *Petal*, in 2013, she's been picking up steam in the country music scene under the name Sykamore.

In 2014, her song, *Heaven in the Pines*, earned her first place, and \$10,000, for the ATB Financial All-Albertan Songwriting contest, and, shortly after, had another song, *I Can Make You Happy*, featured on the television show *Heartland*.

As she pushes to release her second album this year, she's been dividing her time between Calgary and Nashville, keeping her country sound alive.



Mark Ikeda, 29

Laughing, Mark Ikeda says he was once described as an artistic chameleon — which is hard to disagree with.

After winning the Enbridge Emerging Artist Award last year, Ikeda toured his solo show, *Sansei: The Storyteller*, which explored Canada's, and his family's, history with Japanese internment camps. The dancer was the artistic director at MoMo Dance Theatre for two years, a choreographer at One Yellow Rabbit's 2015 performance of *Radioheaded 3*, and will be taking up the artist in residence slot at Mile Zero in Edmonton this summer.

Now, he's setting the groundwork to open his own Calgary dance company, which he hopes to launch in five years.



Manpreet Deol, 18



When she was just 13 years old, Manpreet Deol competed in the 2010 Winter Olympic Games as a short-track speed skater. By 15, she attended the Shad Valley program, where she helped create a health care start-up company by designing a wrist-worn medical device.

Now, at 18, she's earned an \$80,000 Schulich Leader Scholarship at the University of Calgary. The first-year engineering student said she's always been drawn to engineering because it "bridges so many different academic disciplines."

"It develops new solutions to aid every-day living," she said. "In that light, engineering is a service profession." She said she hopes to use her degree to go into the bio-medical engineering field — something she attributes to her younger brother, who was diagnosed with autism.

"It's close to my heart, because of my brother," she said. "I want to be a part of improving the health of others."

5

THINGS PREDICTED FOR THE CITY'S FUTURE

The University of Calgary's Francisco Uribe has spent years studying urban form. As he imagines Calgary in 10 years time, he predicts big changes JENNIFER FRIESEN

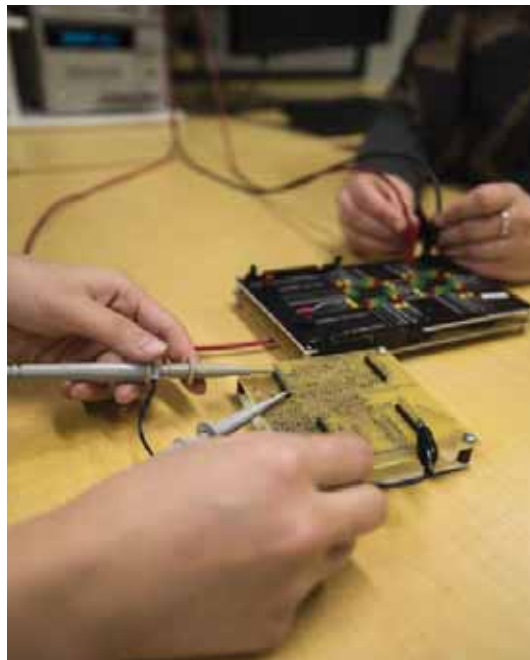


1 Sprawl

Driving through most Calgary neighbourhoods, a wash of single-family homes is a familiar sight — but according to Francisco Uribe, the single-family dwelling trend might soon fade. "Millennials are making the trends in this city," said the University of Calgary professor and researcher. "They're driving less, they want to be closer to where the amenities are, and I think that's going to change what people want in their housing." Uribe said he anticipates a shift toward multi-family dwellings closer to the inner city, and he said that policy coming out of the municipal government is beginning to reflect that.

2 Traffic

With the new Green Line LRT set to become the spine of Calgary's public transportation system in the coming years, it's clear that the coming decade will see a change in transit. "This is going to be a big change," said Uribe. "And these changes bring opportunities. We're going to see some concentration along the LRT line, and even an increase in traffic, but these changes mean that transportation becomes a real choice for people." Uribe predicts that the new line will also trigger an increased opportunity for housing and jobs along the new veins.



3 Engineering

Engineers have been gravitating to Calgary's bustling oil and gas sector for years, but as the economy slides, Uribe said he expects new engineering technologies to develop. "We have a lot of knowledge in engineering in this city," he said. "But our oil and gas engineers aren't limited to that industry." With initiatives such as Innovate Calgary, a collaboration between the City of Calgary and the U of C, Uribe believes new companies will build out of the technologies that were once focused on the extraction of oil. "I believe that people are resourceful," said Uribe. "They will diversify into more of a technical engineering technology industry, and will become less focused on just the extraction of the resources we have in our province."



4 Crime

As Calgary's population grows, Uribe predicts the crime will, too. "Drug-use isn't going to go away any time soon," he said, and a larger population creates a larger market, which means more competition between drug traffickers. "Crime gravitates to where people are, it's logical" he said. "The competition between criminals drives up violence between them." Uribe added that it's a trend Calgary is already beginning to see, but he doesn't think the crime rate is likely to be directed at the general public. "We're shocked by it because we're not used to it, but it's proportional to how we grow," he said. "In comparison to other cities this size, we still have a low crime rate."

5 Industrial

The economy may continue to falter, but Uribe said that not all the side effects are bad. As the price of rent drops in industrial spaces, it could open the door for smaller companies to invest in the space to build their business. "When we have an economic slow-down, or an economic crisis, it creates a lot of opportunity," said Uribe. "With that, the land in the industrial spaces can still be used for jobs, but they're smaller companies with new ideas."



Future is city's to embrace

LOOKING AHEAD

Calgary ready to hone its reputation as global player

Krista Sylvester

If you think about the price of oil and the value of the Canadian dollar then you might not think it's a great time to be a Calgarian.

But if you work for Tourism Calgary or Calgary Economic Development then you might disagree and that's because there are a lot of opportunities facing the seemingly battered city.

Court Ellingson, Calgary Economic Development vice-president of Research and Economic Strategy, said this is the perfect time for the city to diversify, while focusing on other lucrative industries.

"I think we have a lot of young and energetic, smart people in Calgary and I think we have a lot of other industries that are doing very well right now," he said, adding the organization developed a strategy during the last economic downturn in 2008 that can still apply today.

Ellingson believes Calgary is heading in the right direction when it comes to industries such as transportation, agriculture, arts, technology, and perhaps surprisingly, climate change.

"We're already an import-



The Southern Alberta Institute of Technology is one of the many institutions training the city's future leaders. ISTOCK

ant distribution centre for Western Canada — if not the most important — as we have two railways, and the TransCanada highway. A vibrant community supporting business movement comes with the transporta-

tion sector and that's a big thing for us."

When it comes to agriculture, Ellingson says it's one of the most important sectors in Alberta, and Calgary is leading the way.

"We have really positioned

ourselves well to become a global player in the agriculture sector," he said.

Climate change presents another big opportunity and Ellingson believes this is a huge chance for Calgary to shine on the global stage.

"We're in an environment now where new provincial and federal governments have made strong commitments in the climate change arena. We have already been working on green renewable energy so we see a lot of opportunity



I think we have a lot of young and energetic, smart people in Calgary.

Court Ellingson, Calgary Economic Development

in green tech and renewable energy. Calgary already has advantages in that area that people are not aware of."

It also doesn't hurt that the arts industry received a big push from Hollywood with the blockbuster Leonardo DiCaprio movie, *The Revenant*, being filmed in Alberta. The province is also being praised for the construction of a new film studio, set to open this year.

That's another big plus for the city, said Tourism Calgary CEO Cindy Ady, who says the city has positioned itself to become a tourism destination.

"One of the things Tourism Calgary is unleashing is a destination strategy for Calgary from a tourism perspective talk. When you talk about a destination, what does it mean to really host major events and be a larger tourism destination," she said, adding a study is being conducted over the next several years.

"Do we need a larger convention centre, a new arena, a new field house, a more enhanced theatre district? What are the things that can actually make a difference from a tourism aspect?"



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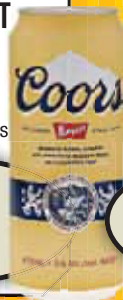
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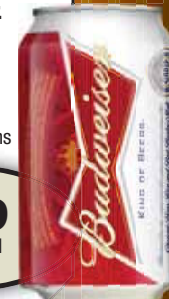
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